



HEALTHCONNECT

connecting patients for better health

SEPTEMBER 2017



Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
www.RelayHealth.com



Fruits & Veggies — More Matters®

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for: heart disease, Type 2 diabetes, some types of cancer, obesity, and high blood pressure.

Communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables.

Here are some ideas to help you and your family fit more fruits and vegetables into your day: Keep a bowl of fruit handy where the whole family can see it. Try cutting up fruits and veggies ahead of time so they're ready for quick, healthy snacks, and challenge your family to try a new veggie or fruit every week.

Fruits & Veggies — More Matters® is a national public health initiative created to encourage Americans to eat more fruits and vegetables — fresh, frozen, canned, dried and 100 percent juice. The new initiative is a national call-to-action that is attainable and easy for people to understand — it is simply to eat more fruits and vegetables. More than 90 percent of Americans consume fewer fruits and vegetables than the daily amount recommended

What is Suicide Prevention Awareness?

-From the Department of Veterans Affairs

During Suicide Prevention Awareness Month and year-round the U.S. Department of Veterans Affairs (VA) works with organizations across the country to raise awareness of suicide prevention and mental health resources and to encourage communities to support veterans, service members, and their families and friends.

VA collaborates with community groups, Veterans Service Organizations, health care providers, corporations, educational institutions, government agencies, and others that serve, employ, or support veterans to spread the word that help is available. These stakeholders help VA remind veterans, service members, and their loved ones that free, confidential crisis support from the Veterans Crisis Line is available 24 hours a day, 7 days a week, 365 days a year.

We can all play a role in preventing suicide, and it doesn't require a grand gesture or complicated task. Helping someone feel included and supported can make a big difference during a challenging time. The #BeThere campaign emphasizes that small actions — like calling up an old friend, checking in on a neighbor, or inviting a colleague on a walk — are thoughtful ways to show someone you care. Your actions can help someone going through a tough time to feel less alone.

Visit www.VeteransCrisisLine.net for resources or to chat confidentially. The suicide Prevention Lifeline can be reached at 1-800-273-8255, or text 838255.

Prostate Cancer Awareness

The prostate is a walnut-sized organ located just below the bladder and in front of the rectum in men. It produces fluid that makes up a part of semen. The prostate gland surrounds the urethra (the tube that carries urine and semen through the penis and out of the body).

Prostate cancer is the most common non-skin cancer among American men, and it usually grows slowly. Most men with prostate cancer are older than 65 and do not die from the disease. Finding and treating prostate cancer before symptoms occur may not improve their health or help them live longer. Men should learn more and talk to their doctor before they decide to get screened or treated for prostate cancer.

Men can have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms of prostate cancer are difficulty starting urination, frequent urination (especially at night), weak or interrupted flow of urine, and blood in the urine or semen.

There is no way to know for sure who will get prostate cancer. The older a man is, the greater his risk for getting prostate cancer. Men also have a greater chance of getting prostate cancer if they are African-American or have a father, brother, or son who has had prostate cancer. Men should talk to their doctor before they decide to get screened or treated for prostate cancer.



HEALTHY WEIGHT

ShipShape Weight Management Program - 8-week intensive program for adults. To register, call the HRAC at (866) 645-4584

Right Weigh - 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday of every month 1-3 p.m.

One on One Counseling

Call today to schedule!

For more information, call (757) 953-1927 or 953-1934



Ovarian Cancer Awareness

Get the Facts. Recognize the Signs.



Each year, approximately 21,980 women will be diagnosed with ovarian cancer; additionally it is estimated that one out of 75 women will develop ovarian cancer in their lifetime. The symptoms of ovarian cancer are often subtle, easily confused with other ailments, and it can not be diagnosed using a pap smear. It is one of the most deadly of women's cancers. Unfortunately many women don't seek help until the disease has begun to

spread, but if detected at its earliest stage, the five-year survival rate is more than 93 percent.

This cancer typically occurs in women in their 50s and 60s with the median age being 63. Many women who are diagnosed with ovarian cancer have a genetic history that may include carrying the BRCA mutation gene and have a strong family history of ovarian cancer.



NATIONAL

PREPAREDNESS
MONTH

2017

Disasters Don't Plan Ahead.
YOU CAN.

Suicide Prevention :

Each of us has an important role to play

By Keita Franklin, Director, Defense Suicide Prevention Office

Every loss of a service member, veteran, or family member is a tragedy. There's no simple reason why suicide occurs, nor a single approach for preventing it. Suicide is a complex issue with biological, cultural, economic, psychological, and social factors.

Interventions such as psychotherapy and prescription medication are critically important in helping to prevent suicide. But according to the 2015 Department of Defense Suicide Event Report, only about 30 percent of service members who died by suicide were previously seen by behavioral health providers. That's why preventing suicide requires a public health approach that includes the entire community.

One strategy is to use the Columbia Suicide Severity Rating Scale, or C-SSRS, to identify individuals at risk for suicide. Based on more than 20 years of scientific research, C-SSRS is a series of questions anyone can use to evaluate whether someone is at risk for death by suicide. The questions cover whether and when a person has thought about suicide, what actions he or she may have taken to prepare, and if a previous suicide attempt was considered but then aborted because of a last-minute change of heart or an intervention.

The answers to these questions help to identify individuals who are at risk for suicide. They also gauge the level of intervention and support an individual may require.

C-SSRS is being used throughout the Military Health System. Army Medicine has incorporated the tool as part of the Behavioral Health Data Portal, and five Air Force military treatment facilities are using the tool as part of the Zero Suicide initiative. Zero Suicide is a program that was founded on the belief that suicides are 100 percent preventable. The program focuses on hospital-based leadership support for strategies such as screening at multiple points, education of the entire hospital system (not just mental health providers), and the use and monitoring of evidence-based practices as well as intensive follow-up after individuals receive care.

C-SSRS can be used in a variety of settings, either on its own or in combination with other interventions. This tool can also be used by a host of people who may encounter individuals

at risk, including Sexual Harassment/ Assault Response and Prevention (SHARP) victim advocates, chaplains, peers, and family members.

C-SSRS is suitable for use in all ages and populations, and it's available in more than 100 languages. The scale and training are free when used in community and health care settings and in federally funded and nonprofit research.

The Defense Suicide Prevention office is also involved in research projects to prevent suicide. They include training military chaplains to help at-risk individuals, developing practices and policies centered on firearm safety, and teaching service members and peers to recognize and respond to the warning signs of suicide on social media.

While widespread use of the C-SSRS and other intervention efforts and initiatives demonstrate DoD's commitment to preventing death by suicide, each of us individually has an important role to play, because one suicide is one too many.

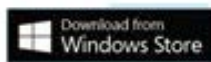
Do you know someone who's engaging in self-destructive behaviors or talking about harming him or herself? Reach out. Talk openly and plainly, and listen and respond nonjudgmentally. Don't act shocked or dare someone to act, and perhaps most importantly, don't promise not to tell anyone if you learn someone is at risk. Instead, seek help from peers or from people or agencies specializing in crisis and suicide prevention.

If you or anyone you know is thinking about harming themselves, contact the National Suicide Prevention Lifeline at 1-800-273-8255 and press 1.

GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Safe Ride
 - Relay Health
 - ICE feedback
- and so much more!**



118,000

patients with a PCM at one of our ten facilities

22

Medical Home Port teams

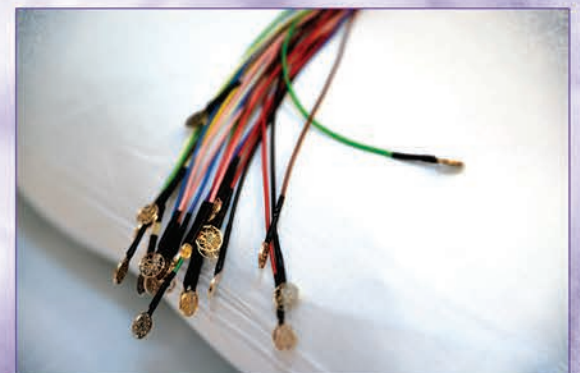
440,000

patients we serve - active duty, retired and families



NAVAL MEDICAL CENTER PORTSMOUTH NEUROLOGY

The Neurology Department provides consultation, diagnosis, treatment and educational services to all beneficiaries 18 and older, both inpatient and outpatient, with diseases of the brain, spinal cord, nerves and muscle. Their mission is to enhance health, well-being and fleet readiness through patient care, medical education and clinical research.



Location
Bldg. 2, 2nd Floor.

Clinic Hours
7:30 a.m. – 4 p.m.
Monday – Friday

Phone
(757) 953-2114